



Slow-Cooker Cheeseburger Meatloaf

READY IN



255 min.

SERVINGS



15

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs beaten
- 2 lb ground beef
- 4 singles kraft
- 0.3 cup heinz mustard yellow
- 1 onion chopped
- 6 oz stove top stuffing mix for chicken
- 0.5 cup heinz tomato ketchup
- 0.5 cup water

Equipment

- aluminum foil
- slow cooker

Directions

- Mix all ingredients except Singles just until blended. Fold 2 (30-inch-long) pieces of Reynolds Wrap Aluminum Foil lengthwise in half twice. Crisscross pieces on work surface. Top with meat mixture; shape into 8-inch round loaf.
- Use foil handles to gently lower meatloaf into slow cooker, letting ends of foil hang over top edge of cooker; cover with lid.
- Cook on HIGH 4 hours or until meatloaf is done (160F). Top with Singles.
- Let stand, covered, 5 min. or until Singles are melted. Use foil handles to remove meatloaf from slow cooker before slicing to serve.

Nutrition Facts



Properties

Glycemic Index:3.93, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:8.0265216516412%

Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 219.72kcal (10.99%), Fat: 13.2g (20.3%), Saturated Fat: 4.94g (30.85%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 11.12g (4.04%), Sugar: 3.05g (3.39%), Cholesterol: 64.92mg (21.64%), Sodium: 330.53mg (14.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.77g (25.54%), Selenium: 17.82µg (25.46%), Vitamin B12: 1.35µg (22.48%), Zinc: 2.77mg (18.46%), Vitamin B3: 3.36mg (16.8%), Phosphorus: 134.31mg (13.43%), Vitamin B6: 0.25mg (12.34%), Vitamin B2: 0.18mg (10.64%), Iron: 1.82mg (10.1%), Vitamin B1: 0.11mg (7.2%), Folate: 28.45µg (7.11%), Potassium: 239.33mg (6.84%), Manganese: 0.11mg (5.49%), Magnesium: 19.37mg (4.84%), Vitamin B5: 0.46mg (4.64%), Copper: 0.08mg (4.1%), Calcium: 32.81mg (3.28%), Vitamin E: 0.49mg (3.24%), Fiber: 0.69g (2.76%), Vitamin A: 81.82IU (1.64%), Vitamin K: 1.56µg (1.49%), Vitamin D: 0.18µg (1.19%), Vitamin C: 0.89mg (1.08%)